



It's Your Pool, Don't Pee In It!™

We all swim in a unique pool called life. The condition of the water, and whether we sink or swim, depends on how we live and interact within our pools. What is our filtering system? Is the water balanced in its composition? Who are we inviting to swim with us?

When we are not satisfying our core values the water in our pool becomes murky. Compelling social and scientific research is demonstrating the link between our attitudes, emotions and mental health and our physiological health and long-term well-being.

"We have the power to design the life of our dreams by consciously choosing who we surround ourselves with, how we spend our time, the values and beliefs that shape us, and even, our career paths."

Janice Otremba

Lacking the tools and skills to effectively deal with stressors such as rapid changes in society, job security, financial status, and health conditions creates a pool of illness, disease and chronic stress. Many of us have lifestyles that we know are destructive, yet we feel powerless to change them. It is our responsibility to manage our own choices, maintain a personal balance, and determine the quality of our life experiences.



The social and physical workplace environment and job satisfaction is an integral part of wellness. Being healthy and well means making daily choices – in our work and home life - that maximize performance and enhance well-being.

Statistics Canada reports that an estimated \$12 billion is lost to workplace absenteeism each year. Stress, smoking, the inability to balance work and family, and feelings of loss of control over workplace schedules and environments are some of the major health issues facing today's workforce. (Statistics Canada. Work Absence Rates) Almost two-thirds of Canadians (15.4 million) are in the labour force and spend approximately 60% of their waking hours at work. (Health Canada. Workplace Health System: An Overview Creating a Healthy Workplace.)

Through her powerful and energetic delivery, Janice teaches audiences how to clean their own pools – personally and professionally, be accountable for the maintenance, and enjoy the swim. The water's great... come on in!

Key Learnings

- Define personal, professional and organizational health
- Rippling Results Mindmap™
- Energy Matrix Index™ for optimum health
- Implement the Energy Matrix™ Program into any environment
- Power of positive thought
- Accountability leadership